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## Abstract

A lightweight valve (1), in particular for internal combustion engines, is proposed, with a valve stem (3), with a hollow valve cone (5) and with a valve disk (7) closing the valve cone hollow space on one side, valve cone-supporting means being provided in the hollow space. The lightweight valve (1) is characterized in that the valve cone-supporting means are provided at a distance from the valve disk (7).

(fig. 3)